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Say Goodbye to Bad Breath and Hello to Confidence - Unlocking the World of Mouth Rinse

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ABSTRACT

Fresh breath is a sign of good oral hygiene, not to mention, family and friends appreciate it. Luckily, we have many options to choose from to help us keep that breath smelling great. Some people use mouthwash to battle bad breath, while others use it to prevent tooth decay and gingivitis. Mouthwash also helps with overall tooth and gum health and can even help whiten teeth. Mouthwash, otherwise called an oral rinse, does not substitute brushing and flossing. It is a liquid product used to rinse the teeth and gums. With there being so many different types of mouthwashes, this review article throws light on the various available mouth washes for children.

Key Words: Mouth rinse, Oral hygiene, Children, Preventive dentistry, Fluoride, Antiseptic

INTRODUCTION

Different mouthrinses have been introduced in the market in addition to toothpastes for various specific purposes. But the main objective of most of the mouthrinses is to prevent the occurrence of dental caries. A mouthwash is defined as a non sterile aqueous solution used mostly for its deodorant, refreshing or antiseptic effect. Mouth rinses are also intended to remove debris, reduce halitosis temporarily, reduce the oral bacteria and to provide a pleasant taste. Fluoride mouthrinses are most commonly used among children. Fluoride is a mineral that prevents the formation of dental caries. Mouth rinses are generally based on cosmetic or therapeutic effect or combination of two.

COMPOSITION

Mouthrinses contain water, cleansing agents, flavouring agents, coloring agents and alcohol. Generally depending on the type of mouthrinses, the active ingredients in it differs.

Antimicrobial agents aid in reducing plaque, decreasing the severity of gingivitis and in controlling halitosis. Fluoride aids in increasing the resistance to decay. So fluoride containing mouthrinses are more beneficial. Astringent salts act as temporary decolorizers. Odor neutralizers act by chemically inactivating odour causing compounds.[1] Thereby the use of mouthrinses helps in the control of halitosis.

PROPERTIES

There are various properties of mouthwash which include antibacterial, antimicrobial,

Anti-inflammatory, antiseptic, buffering actions.

HOW TO USE A MOUTHWASH

For best results, teeth should be freshly brushed and flossed thoroughly before use. Pour the oral rinse into the cup/lid provided with the mouthwash. Be sure to only use the recommended amount for the specific product. Empty the cap into your mouth, and swish. Do not swallow! Most mouthwashes are recommended to be swished in your mouth for about 30 seconds to one minute. It is normal to feel a stinging sensation while using mouthwashes. If using a certain oral rinse is painful, do not use it. Gargle the mouthwash, then spit it out.

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CHOOSING THE RIGHT MOUTHWASH

There are hundreds of different mouthwashes out there available in the market. The grocery stores that display oral hygiene aisles are packed with mouthwash options, and they all claim to be the best in their own way. Consider the patient's current oral health concerns and conditions to choose the right mouth wash. Different mouthwashes address different concerns of the patient like halitosis (bad breath) or xerostomia (dry mouth). Whatever mouthwash we choose, make sure it has been tested and proven by the ADA.

BAD BREATH

It is important to know that bad breath ranges from mild to severe. People generally have bad breath after they have eaten or slept. It is very normal. After regular brushing and flossing, cosmetic mouth rinses seem to do the trick, as they temporarily mask the smell of bad breath. However, more severe bad breath is a sign of excessive bacteria or other oral health issues. If this is the case, consider using mouthwashes with antibacterial ingredients to combat the bacteria. Make sure the child brushes and flosses twice a day as well. If the problem persists, consultation with a dentist is needed as it may be a sign of a more serious issue.

DRY MOUTH

For dry mouth, avoid mouthwashes with alcohol in them. Alcohol will dry out the mouth more and will cause greater discomfort.

SENSITIVE TEETH AND GUMS

Tooth sensitivity is a very uncomfortable problem. Some mouthwashes can help anesthetize or strengthen the teeth to help relieve some of that discomfort. Active ingredients to look for are potassium citrate, potassium nitrate, calcium phosphate, stannous fluoride, and/or sodium fluoride.

GINGIVITIS AND GUM DISEASE

For gingivitis or gum disease, pick a mouthwash to use that has antiplaque, antibacterial, antimicrobial, and/or anti-gingivitis ingredients. Gingivitis mouthwash can help improve the health of the gums. For serious issues, the dentist can prescribe or recommend a stronger mouthwash for use.

TYPES OF MOUTHWASH

Various types of mouthwashes are fluoride mouthwash, antiseptic mouthwash, cosmetic mouthwash, natural mouthwash.

FLUORIDE MOUTHWASH

Fluoride mouthwashes are mostly recommended for children with high risk of dental caries. It is also used for patients with xerostomia after irradiation and chemotherapy. It acts by promoting remineralization with fluorapatite and fluorohydroxyapatite thereby increasing enamel resistance to acid attack. The ingredients of fluoride mouthwash consists of sodium fluoride, disodium hydrogen phosphate, sodium lauryl sulphate, sodium methyl cocyl taurate , menthol, saccahrin, aqua, flavourings, colourants.[2]

Two systematic reviews and meta−analyses on the caries –inhibiting effect of fluoride mouth rinses have been published recently (Twetman and Weyant) which states that fluoride mouth rinses are opted for caries inhibitory treatments.[3] The advantages of fluoride mouthwash are prevents plaque accumulation and formation of dental caries. The disadvantages of fluoride mouth rinses are tooth staining, mucosal irritation, signs of acute toxicity.

ANTISEPTIC MOUTHWASH

Chlorhexidine is a bisbiguanide cation, which is considered as "gold standard" due to its antiplaque and antigingivitis effect.[4] The positive charge of chlorhexidine reacts with the negatively charged microbial cell surface thereby increasing the cellular membrane permeability that leads to the disruption of the osmotic barrier and interferes with membrane transport.[5] The specific property of chlorhexidine is that it has bacteriostatic action rather than bactericidal action. Another unique characteristic feature of chlorhexidine is its substantivity effect.

The ingredients present in chlorhexidine mouthwash are 0.01 % Chlorhexidine gluconate in a base containing water,11.6% alcohol, glycerine, PEG−40 Sorbitan diisotearate , flavour, sodium saccharin, and FD & C Blue No.1.Clinical effectiveness and safety of chlorhexidine gluconate oral rinse have not been established in children under the age of 18.[6]

A comparative study was conducted by M De la Rosa et al with the use of 0.1%chlorhexidine gluconate and a placebo mouthrinse under supervised conditions in two comparable groups. The chlorhex mouthwashes revealed significant decrease in gingivitis than placebo mouth rinse. Even though superficial mucosal desquamations were seen in chlorhexidine users, they did not produce any discomfort.[7]

COSMETIC MOUTHWASH

Cosmetic mouthwashes are non therapeutic and are not effective as antiseptic agent. It is used to freshen the breath thereby temporarily preventing halitosis. The higher the

percentage of alcohol in the formulation, the greater the effect of flavour.

NATURAL MOUTHWASH

Herbal mouthwashes are prepared with ingredients from plants with therapeutic components and active agents such as tannins, catechins and flavonoids.[8] It acts by providing analgesic, anti inflammatory and anti oxidant actions. Due to the side effects of brownish discolouration , bitter taste, oral mucosal erosion of chlorhexidine mouthwash , herbal mouthwashes are used as an alternative.[9]

USES OF MOUTHWASHES

The uses of mouthwashes include antiseptic/antibacterial action, astringent action, cooling / refreshing action

RECOMMENDED AGE FOR USING MOUTHWASH IN CHILDREN

Due to higher risk of ingestion, it is not recommended in children younger than six years of age.

ADVANTAGES OF MOUTHWASH

The advantages of using mouthwashes are that it promotes oral health and oral hygiene, helps to heal canker sores, helps to avoid complications in pregnancy related to periodontal diseases, aids in post surgery treatment patients who are not advised to brush their teeth for an extended period of time.

DISADVANTAGES OF MOUTHWASH

The disadvantages of using mouthwashes are higher risk of ingestion , burning sensation, tooth discolouration, mucosal irritation

COMMERCIALLY AVAILABLE MOUTHWASHES FOR CHILDREN

Mouthwashes used in children are commercially available as Listerene Smart Rinse[R] Kids, Aquafresh "My Big Teeth" Mouthwash, Spry Kid's Alcohol free Xylitol Mouthwash, Kidodent Mouthwash.

CONCLUSION

Though mouth rinses for children has many beneficial effects, it should be used under careful supervision and prescribed dose to avoid further complications. Despite its useful properties, mouth rinses should be used only as an adjunct to, not a substitute for regular tooth brushing and flossing.

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